



Centered in Care
Powered by Pride

Mindful Self Compassion as a Path to Resilience & Well-Being
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Objectives

- Understand the relationship between self-compassion and resilience/wellbeing
- Learn three aspects of mindful self compassion
- Recognize 7 attitudinal approaches to mindfulness
- Practice three mindful self compassion exercises

Self Compassion

- **Self-compassion** is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.
- **Resilience** is the capacity to recover quickly from difficulties; toughness.
- **Well being** is the state of being comfortable, healthy, or happy.

Mindful Self Compassion

1. Self-kindness vs. Self-judgment.
2. Common humanity vs. Isolation.
3. Mindfulness vs. Over-identification.



Mindful Self Compassion

1. Self-kindness vs. Self-judgment



Mindful Self Compassion

2. Common humanity vs. Isolation.



Mindful Self Compassion

3. Mindfulness vs. Over-identification.



Mindfulness definitions

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

Jon Kabat-Zinn.



Mindfulness definitions

“Mindfulness is a flexible state of mind in which we are actively engaged in the present, noticing new things.” **Ellen Langer, PhD**



Attitudinal Factors of Mindfulness

HELPFUL ATTITUDES

- **Non-judging**
- **Patience**
- **Beginners Mind**
- **Trust**
- **Non-striving**
- **Acceptance**
- **Letting go**



Attitudinal Factors of Mindfulness

- **Non-judging** - Intentionally suspending judgement and assuming a stance of impartiality, reminding yourself, as best you can, to simply observe what is unfolding, including your reactions to it.



Mindfulness Technique #1

- You are not your thoughts, feelings, sensations

- Blue sky exercise



- Leaf exercise



Attitudinal Factors of Mindfulness

- **Patience** – Sometimes things must unfold in their own time ...cultivated patience toward our own minds and bodies when practicing mindfulness.



Attitudinal Factors of Mindfulness

- **A beginner's mind** – A mind that is willing to see everything as if for the first time...so that we can be free of our expectations based on our past experiences..



Attitudinal Factors of Mindfulness

- **Trust** – A basic trust in yourself and your feelings. To become more fully you...taking responsibility for being yourself and learning to listen to and trust your own being.



Attitudinal Factors of Mindfulness

- **Non-striving** –not trying to get anywhere else and just allowing things to be held in awareness and be as they are without having to do something about it, without any agenda.



Attitudinal Factors of Mindfulness

- **Acceptance** – Simply seeing things as they actually are in the present. One definition of healing is coming to terms with things as they are.



Attitudinal Factors of Mindfulness

- **Letting go** – cultivating the attitude of letting go, or non-attachment.



Mindful Self Compassion Exercise #1

“Me Minute”



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A “Me Minute”

- What am I thinking?
- What am I feeling?
- What do I need?
- What action will I take?



Mindful Self Compassion Exercise #2

How would you treat a friend?



Mindful Self Compassion Exercise #3

“Well done”



Self Compassion Exercise #4

- Soften, Soothe, Allow



Mindful Self Compassion Extra



Wrapping it up

- Questions
- Thoughts
- Take-aways

